DAVID LLOYD LEISURE - LEICESTER - 0116 282 8800

EXERCISE CLASS PROGRAMME JULY - AUGUST 2010

David Lloyd FITNESS

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:35 - 07:30	Body Pump	Scc	Studio 1	
09:35 - 10:05	Group Cycling	Hec	Cycling Area	
10:05 - 11:00	Body Pump	Scc	Studio 1	
10:05 - 11:00	YogaMoves	Hol	Studio 2	
11:00 - 11:55	Pilates	Hol	Studio 1	
12:30 - 13:15	Group Cycling	Hec	Cycling Area	
17:15 - 17:45	Group Exercise Welcome	Otc	Club Rm	
17:15 - 17:45	Power Plate Course	Otc	Gym Area 1	
17:30 - 18:15	Core Stability	Scc	Studio 1	
17:30 - 18:15	Group Cycling	Hec	Cycling Area	
18:15 - 19:10	Circuits	Hec	Studio 1	
18:30 - 19:25	Aqua	Scc	Main Pool	
18:30 - 19:30	Lose & Shape Up Course	Otc	Studio 2	
19:15 - 20:00	Body Pump	Scc	Studio 1	
19:30 - 20:15	Senior Pilates	Hol	Studio 2	
20:15 - 21:10	Body Balance	Hol	Studio 1	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:35 - 07:05	Group Cycling	Hec	Cycling Area	
07:05 - 07:35	Multi Circuits	Hec	Studio 1	
10:00 - 10:45	Group Cycling	Hec	Cycling Area	
10:45 - 11:30	Core Stability	Scc	Studio 1	
17:30 - 18:15	Family Cycle	Hec	Cycling Area	
17:30 - 18:25	Body Pump	Scc	Studio 1	
18:00 - 18:55	YogaMoves	Hol	Studio 2	
18:30 - 19:25	Body Attack	Hec	Studio 1	
18:30 - 19:30	Running Club	Otc	Outside	
18:45 - 19:30	Group Cycling Advanced	Otc	Cycling Area	
19:15 - 20:00	Pilates Advanced	Hol	Studio 2	
20:00 - 21:30	Capoeira	Otc	Studio 1	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:35 - 07:20	Group Cycling	Hec	Cycling Area	
06:35 - 07:30	YogaMoves	Hol	Studio 1	
09:35 - 10:05	Group Cycling	Hec	Cycling Area	
10:15 - 11:00	JUKARI Fit to Flex	Otc	Studio 2	
11:00 - 11:55	Aerobics	Hec	Studio 1	
12:00 - 12:45	Power Plate Taster	Otc	Gym	
12:00 - 12:55	Aqua	Scc	Main Pool	
12:30 - 13:15	Group Cycling	Hec	Cycling Area	
17:30 - 18:15	Family Cycle	Hec	Cycling Area	
17:30 - 18:25	Body Pump	Scc	Studio 1	
18:30 - 19:15	Pilates Advanced	Hol	Studio 2	
18:30 - 19:25	Circuits	Hec	Studio 1	
18:35 - 19:20	Group Cycling	Hec	Cycling Area	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:35 - 07:30	RPM	Hec	Cycling Area	
09:30 - 11:00	Yoga	Hol	Studio 2	
10:00 - 11:00	Tri Class	Hec	Studio 1	
11:00 - 12:00	Zumba	Dan	Studio 1	
17:15 - 18:00	Body Pump Express	Scc	Studio 1	
17:30 - 18:25	RPM	Hec	Cycling Area	
18:00 - 18:45	ViPR Taster	Otc	Gym	
18:00 - 18:55	Body Combat	Hec	Studio 1	
18:30 - 19:30	Yoga Beginners	Hol	Studio 2	
19:00 - 21:00	Tae Kwon Do	Hec	Studio 1	
19:05 - 20:05	Lose & Shape Up Course	Otc	Club Rm	

KEY

£ Additional fee for this class
A Advanced class, experience required
S Designed for senior members
C Class is part of a course
* Adult class coincides with children's activity

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David Lloyd FITNESS

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:35 - 07:30	Circuits	Hec	Studio 1	
10:00 - 10:45	Group Cycling	Hec	Cycling Area	
10:05 - 11:00	Body Combat	Hec	Studio 1	
11:00 - 11:55	Pilates	Hol	Studio 1	
17:00 - 17:30	JUKARI Fit to Flex	Otc	Studio 1	
17:30 - 18:25	Body Pump	Scc	Studio 1	
18:00 - 18:45	Group Cycling	Hec	Cycling Area	
18:30 - 20:00	Yoga	Hol	Studio 1	
20:00 - 21:00	Zumba	Dan	Studio 1	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:15 - 10:00	Group Cycling	Hec	Cycling Area	
10:00 - 10:30	ViPR Course	Otc	Gym Area 1	
10:05 - 11:00	Circuits	Hec	Studio 1	
11:00 - 11:55	Body Pump	Scc	Studio 1	
11:05 - 11:50	RPM	Hec	Cycling Area	
12:00 - 13:30	Capoeira	Otc	Studio 1	
13:15 - 14:00	Aqua	Scc	Main Pool	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:00 - 10:00	Zumba	Dan	Studio 1	
09:15 - 10:00	Group Cycling	Hec	Cycling Area	
10:00 - 10:55	Body Combat	Hec	Studio 1	
11:00 - 11:55	Body Pump	Scc	Studio 1	
11:00 - 11:55	RPM	Hec	Cycling Area	
11:00 - 12:30	Yoga	Hol	Studio 2	

FITNESS CLASS CATEGORY DESCRIPTIONS

HIGH ENERGY CLASSES (Hec):
High energy, high appeal. These classes are easily the fastest way to better fitness where you'll really enjoy feeling the burn.

HOLISTIC CLASSES (Hol):
Be more relaxed about getting fit. Holistic classes, like yoga, help improve your suppleness and flexibility. They're an excellent way to reduce your stress levels and keep fit at the same time.

DANCE CLASSES (Dan):
Feel the beat and feel better about doing exercise. There's nothing more rewarding than enjoying yourself so much you don't even know you've been working out. Join one of our exciting dance classes and you'll discover exactly what we mean. Dance to the music, learn some new moves, let yourself go. Living a healthier life has never been more fun.

STRENGTH & CONDITIONING CLASSES (Scc):
Have a better body just by having fun. Strength and conditioning classes are the perfect way to tone up your muscles and sculpt your body the way you'd like it to look. Whatever class you choose, we guarantee you'll find yourself loving every minute.

OTHER CLASSES (Otc):
A range of classes to help you enjoy exercise anytime.

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